

Unit 11. Sports and Fitness

Task 7.

1. I used to lift weights, but I didn't really enjoy it. So, I started swimming. Now I swim about twice a week. It's much more fun!
2. I go jogging every morning. It's a great way to start a day. It's more interesting than exercising at home like I used to do.
3. I play both tennis and volleyball, but I enjoy volleyball more, I think.
4. I used to take long walks every day, but it got boring. I wanted something more exciting. So I took up rollerblading. Now that's fun!
5. About myself and bicycle. It's a great way to keep fit. Much better than going to the health club.
6. I used to go to the aerobics class. But I found it pretty silly. All that jumping around! Now I play golf. That's more my style.

Task 8.

Various people share sports they like to play or watch.

1. Aki / Japan

I like rugby. I like watching rugby. There's a lot of actions. There are a lot of nice looking guys, you know, nice movements, also the pace of the games goes fast, so a lot of scoring, and I enjoy it.

2. Matthew / England

Well, I was born and raised in England so I enjoy English sports. Cricket and soccer. I played rugby when I was young, but I also like things like snooker as well if I'm going to play any sport at all, it's probably going to be something like snooker.

3. Lindsay / United States

I love to play tennis. I think it's a really fun sport but I actually don't like to watch it. I think it's pretty boring to watch and I love to watch basketball. I think it's so cool to watch the ball go back and forth. It's very fast paced, and I love watching the players dunk, but I hate to play basketball because I have really bad motor-reflexes and I can't dunk.

4. Lori / Canada

I'm not a big sports fan. I have to say I don't really enjoy team sports or organized sports, but for myself I enjoy swimming, especially in the ocean and something I can do by myself, like yoga.

5. Eoin / England

What sports do I like to play? Well, in terms of exercising, I like to cycle. I'm not so keen on competitive sports anymore though I used to play soccer - football - quite a lot. In terms of watching sports, I really like watching football – soccer

Task 11.

People discuss their favorite sports to play and watch.

1. Adrienne, The United States

What is my favorite sport? My favorite sport to participate in is actually swimming, and I used to do it competitively when I was younger. Now I just do it for fun and for exercise, but my favorite sport to watch is soccer or football, depending on where you're from. I had a really good time watching the world cup this year. It was very exciting and very interesting, so I was really happy about that

2. Mark, England

What is my favorite sport? By far, my favorite sport is football, or in America they call it soccer because I love the passion of football and it's a very fast game, so I look to watch and also play football, but I like most sports really. Usually ball sports: rugby, tennis. I like watching all kinds of sports, but to play football has to be number one.

3. Lisa, Canada

What is my favorite sport? My favorite sport to do is skiing. My favorite sport to watch is ice-hockey. I love ice-hockey. I think it is the sexiest sport on television today.

4. Peter, Sweden

My favorite sport would actually be only badminton because I hate sports. I don't like football. I don't like ice-hockey. I just hate it when my friends always talk about sports and I go like, " Come on. You don't want to do any thing else? No, we only want to talk about sports." But, so the only sports I like is badminton.

5. Phil, England

What is my favorite sport? My favorite sport is definitely football, or as American English says soccer. I am a very big fan of a very small team called Warsol in the English League. They're in the fourth division in the English League and very, very weak, but when I was in England, I used to travel every weekend to go and watch them play, no matter what the weather or no matter what the results of the likelihood was going to be.

Task 19.**1. Aiman / Syria**

My best moment in sports was the last time I was cycling and I was really close to winning that race but I had a puncture and I had to withdraw from that race. But, that was really a great moment for me because I came a really long way to achieving that position.

2. Antoine / France

When I was like 12 years old, my dad brought me to a football game. It was in Bordeaux which is a big city in France and Bordeaux was playing against Milan AC, which at the time was one of the best teams in Europe. And Bordeaux beat Milan AC, it was in the UEFA Cup and so it was a great moment. I cried.

3. Emily / Djibouti

Ah, I think my favorite moment was in 1998 when for the World Cup. France won and I was with France so I was really happy and actually it was the first time that I was in France and I saw how people were happy and partying on that occasion.

4. Jeff / Canada

My best moment ever in sports was I only played one rugby game in my whole life. I played where I grew up in High school. I played with the local weekend team and I practiced many times with them but I never played a game because I was always busy. But one day I played in only one game and I scored four tries and I was a hero and then I never played another game.

Task 22.**1. Matthew / Canada**

I ride my bicycle. I like to ride my bicycle around most of the time, if I'm able to I'll ride a bicycle to work, and also I like to walk everywhere. I've never owned a car, so I tend to walk a lot of different places.

2. Lindsay / United States

I like to go running two or three times a week, but to be honest I'm not the best runner. I only ... I probably walk for fifteen minutes, then run for ten, and then walk for another fifteen minutes. I'm hoping someday I can work up to run, to do running for at least twenty minutes.

3. Paul / England

I like to go to the gym a few times a week. I really like running, but at the moment it's quite cold outside, so I don't like to go running outside, so I usually go to the gym and use the treadmill.

4. Aki / Japan

Every week I go to yoga. I also go do some walking. I also do some push-ups every day, but that's about it. I also try to control what I eat. I don't eat that much oily food, or I don't drink much alcohol, so I guess that's how I try to keep fit.

5. Shalini / Canada

Exercise? Including ... going to the gym, doing yoga, dancing, hiking, whatever ... whatever physical activity I can get my hand on that doesn't involve really going to the gym would be preferable.